



Northampton Aquatic & Family Center

JFK Middle School, 100 Bridge Road, Florence, MA 01062



POOL SCHEDULE & CALENDAR AUGUST 2018



AFC: 413-587-1046, Activity/Cancellation Hotline: 413-587-1044

Check schedule carefully. Call ahead to inquire about lane availability.

Proper swimming attire is required, no cotton clothing.

Please contact the Aquatics Supervisor if your group is 8 or more or during birthday parties to ensure proper staffing levels.

Weekday morning policy: Swimmers leaving after 7:30 a.m. MUST exit pool area (including those using locker rooms) through pool deck glass doors.

AFC Center Will be Closed Monday August 13th - Sunday August 26 for Annual Maintenance

(AFC Members can use Musante Beach during this time by showing their AFC Pass)

(Musante Beach now has a lap lane for your convenience)

AFC Opening Time Changes Beginning August 27

Monday-Wednesday-Friday: We Open at 3:00 pm

Tuesday-Thursday: We Open at 4:00 pm

NEW THUNDERSTORM POLICY FOR AFC

AFC Pool will remain OPEN during thunderstorms

Any patron deciding to leave pool area are reminded NOT to use shower and to remain in building until storm has passed

MONDAY: 6:00 - 7:00 am Lap swim (6 Lanes)
7:00 - 7:25 am Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:00 - 7:00 pm Lap swim (3 Lanes) / Open swim with Diving Board

TUESDAY: 6:00 - 7:40 am Lap swim (6 Lanes)
3:45 - 6:00 pm Lap swim (3 Lanes) / Open swim with Diving Board
6:00 - 7:00 pm Lap swim (3 Lanes) / Water Aerobics
7:00 - 7:30 pm Lap swim (3 Lanes) / Open swim with Diving Board

WEDNESDAY: 6:00 - 7:00 am Lap swim (6 Lanes)
7:00 - 7:25 am Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
3:45 - 7:00 pm Lap swim (3 Lanes) / Open swim with Diving Board

THURSDAY: 3:45 - 6:00 pm Lap swim (3 Lanes)
3:55 - 5:55 pm Swim Lessons
6:00 - 7:00 pm Lap swim (3 Lanes) / Water Aerobics
7:00 - 7:30 pm Lap swim (3 Lanes) / Open swim with Diving Board

FRIDAY: 6:00 - 7:00 am Lap swim (6 Lanes)
7:00 - 7:25 am Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
3:45 - 6:30 pm Lap swim (3 Lanes) / Open swim with Diving Board

SATURDAY: 9:30 am - 4:00 pm Lap swim (3 Lanes)
9:30 - 11:30 am Swim Lessons (no open swim)
11:30 am - 4:00 pm Open swim with Diving Board

SUNDAY: 11:00 am - 4:00 pm Lap swim (3 Lanes)/Open swim with Diving Board

LAP SWIMMING ETIQUETTE; PLEASE READ: Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. If a lane is empty, children may swim *LAPS* in that lane until an adult arrives then the child must leave the lane. Lockers are for day use only.

*******NORTHAMPTON, FLORENCE, & LEEDS SENIORS (Age 55 & over) SWIM FREE ON SUNDAY*******

OPEN SWIM: The diving board, where indicated, and 3 lanes (subject to change) are open for leisure swim. Bring your friends and family just for fun.

LAP SWIM: Designated lanes for swimming laps and aquatic fitness use ONLY. Get fit swimming. () = Number of lanes available for lap swimming

LOCKERS ARE FOR DAILY USE ONLY NO LOCKS OVERNIGHT 0

AFC at JFK Middle School, 100 Bridge Road, Florence, MA 01062

Monday-Friday, 4:00-7:00 pm, Saturday 9:00 am-4:00 pm & Sunday 11 am-4:00 pm, 413-587-1046

Northampton Recreation Department 100 A Bridge Road, Florence, MA 01062

Monday-Friday, 8:30 am-4:30 pm, 413-587-1040

www.northamptonma.gov/recreation

Over for August Pool Calendar

Updated 8/1/18



AFC Pool Calendar August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lap 6-7:25am Aerobics 7-7:40am Rec Camp 12:30-3:30pm Lap(3 Lanes)/Open with Diving) 3:45-7pm	2 Rec Camp 1:30-3:30pm Swim Lessons 3:55-5:55 pm Lap(3 Lanes) 3:45-6:00pm Lap(3 Lanes)/Aerobics 6-7pm Lap(3 Lanes)/Open Swim (with Diving) 7-7:30pm	3 Lap 6-7:25am Aerobics 7-7:40am Rec Camp 1:30-3:30pm Lap(3 Lanes)/Open with Diving) 3:45-6:30pm	4 Lap(3 Lanes) 9:30am-4pm Swim Lessons 9:30-11:30pm Open Swim (w diving) 11:30am-4pm
5 Lap(3 Lanes) Open (With Diving) 11-4pm Free Senior Swim 11am-4pm	6 Lap 6-7:25am Aerobics 7-7:40am Rec Camp 12:30-3:45pm Lap(3 Lanes)/Open with Diving) 4-7pm	7 Lap 6-7:40am Rec Camp 1:30-3:30pm Lap(3 Lanes)/Open with Diving) 3:45-6:00pm Lap(3 Lanes)/Aerobics 6-7pm Lap(3 Lanes)/Open Swim (with Diving) 7-7:30pm	8 Lap 6-7:25am Aerobics 7-7:40am Rec Camp 12:30-3:30pm Lap(3 Lanes)/Open with Diving) 3:45-7pm	9 Rec Camp 1:30-3:30pm Swim Lessons 3:55-5:55 pm Lap(3 Lanes) 3:45-6:00pm Lap(3 Lanes)/Aerobics 6-7pm Lap(3 Lanes)/Open Swim (with Diving) 7-7:30pm	10 Lap 6-7:25am Aerobics 7-7:40am Rec Camp 1:30-3:30pm Lap(3 Lanes)/Open with Diving) 3:45-6:30pm	11 Lap(3 Lanes) 9:30am-4pm Swim Lessons 9:30-11:30pm Open Swim (w diving) 11:30am-4pm
12 Lap(3 Lanes) Open (With Diving) 11-4pm Free Senior Swim 11am-4pm	13	14	15	16	17	18
AFC CLOSED FOR ANNUAL MAINTENANCE						
19	20	21	22	23	24	25
AFC CLOSED FOR ANNUAL MAINTENANCE						
26 AFC CLOSED	27 Lap 6-7:25am Aerobics 7-7:40am Lap(3 Lanes)/Open with Diving) 3-7pm	28 Lap 6-7:40am Lap(3 Lanes)/Open with Diving) 4-6pm Lap(3 Lanes)/Aerobics 6-7pm Lap(3 Lanes)/Open Swim (with Diving) 7-7:30pm	29 Lap 6-7:25am Aerobics 7-7:40am Lap(3 Lanes)/Open with Diving) 3-7pm	30 Lap(3 Lanes) 4-6:00pm Lap(3 Lanes)/Aerobics 6-7pm Lap(3 Lanes)/Open Swim (with Diving) 7-7:30pm	31 Lap 6-7:25am Aerobics 7-7:40am Lap(3 Lanes)/Open with Diving) 3-6:30pm	